

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



★ DEC 21 1940 ★

U. S. Department of Agriculture
December 11, 1940

No. 472

(Digest of Market Basket for December 18, 1940)

CHOOSING THE CHRISTMAS BIRD

Family tradition may decide which bird to serve for Christmas dinner. But the size of the family and the number of dinner guests should be another deciding factor, according to _____, _____, _____.
(Name) (Title) (Place)

"For the small family, chicken is always a good choice," she says.

"Allow about 1 pound, dressed weight, for each person to be served. That means that a 5- or 6-pound chicken will make four generous servings, with enough cold chicken left for sandwiches.

"A young duck is also suitable when the dinner party is small. However, duck doesn't go quite so far as chicken, so it's best to allow about $1\frac{1}{2}$ pounds, dressed weight, for each serving. A 6-pound duck will come out just about even for a family of four."

Turkeys are also traditional birds for Christmas; they come as small as 10 pounds and as large as you could ask for. But don't worry about the left-overs. Cold turkey in the refrigerator is the basis for many other good dishes on the days to follow.

_____ says that it's more economical for the large family to buy one big turkey than two birds half the size. Turkey goes farther than chicken, so allow $\frac{3}{4}$ to 1 pound, dressed weight, for each person to be served.

In many homes, a roast goose is as much a part of Christmas as the holly wreaths and mistletoe. The Christmas goose usually weighs from 10 to 12 pounds and it will serve seven or eight persons, figuring $1\frac{1}{2}$ pounds for a serving.

If the family prefers meat to poultry, there's also plenty of choice. Roast pork loin, pork shoulder, baked ham, roast beef, or even a thick broiled steak are all in keeping with the tradition of a bountiful meal.

###

